US Navy COVID-19 Mitigation Framework
Protect the Force and Preserve War Fighting Readiness

To mitigate spread of the COVID-19 virus once discovered within a command, deployable units shall adhere to the following guidance and consider incorporating it into their standing afloat CBRN instruction. **This guidance does not restrict Fleet, TYCOM, and Operational Commanders from issuing more specific guidance to units within their respective areas of responsibility.**

Force protection (Crew safety) is job #1 → IDENTIFY, ISOLATE, CONTAIN, TREAT

Preserve Warfighting Readiness → maintain warfighting functional manning and readiness

1. IDENTIFY THROUGH THREE ACTIONS: SCREEN, EVALUATE, TEST

- ☐ **Screen**
  - ☐ Conduct daily self-monitoring for influenza-like illness (ILI)
  - ☐ Screen symptomatic personnel identified by daily self-monitoring for ILI
  - ☐ Screen known contacts for those identified to be COVID-19 positive
  - ☐ Screening should at a minimum include a questionnaire to assess risk to exposure, temperature check, and visual check for signs and symptoms per CDC.
- ☐ **Evaluate**
  - ☐ Conduct medical assessment on any members who develop symptoms
  - ☐ Evaluate for evidence of ILI
- ☐ **Test [Strategy will depend on testing capacity and turnaround time]**
  - ☐ Test members presenting ILI for COVID-19
  - ☐ If COVID-19 test kits are not available or limited, test for other ILI
  - ☐ Test close contacts[1] of COVID-19 positive personnel if supplies support
  - ☐ Prioritize testing for:
    - Necessary watch stations
    - Close contacts (based on inventory of supplies)
    - Command element & Medical Personnel

Testing Strategy

- ❑ Individually test personnel who have ILI
- ❑ Batch test close contacts (five individual samples grouped in one test)
- ❑ If batch test positive, identify individuals within group who are positive
- ❑ Conduct individual testing for members in the group
- ❑ Isolate COVID-positive members (14 days)
- ❑ Quarantine COVID-negative members (14 days)
- ❑ If batch-test negative, all five members in batch complete quarantine
- ❑ Repeat batch testing for quarantined personnel at day 14 to ensure no infection
- ❑ If positive, conduct individual COVID tests
- ❑ Repeat individual testing for COVID-positive personnel after 14 days of isolation
- ❑ If cleared per CDC guidelines or 2 negative tests at 14 days and no symptoms, return to clean areas of ship

2. ISOLATE POSITIVE PERSONNEL, CLOSE CONTACTS, AND COVID-NEGATIVE WATCH TEAMS

- ☐ **Isolate**
  - ☐ Isolate COVID-19 positive personnel
    - Provide medical treatment, counseling, and messing services.
    - Transfer COVID-19 positive personnel ashore to complete isolation and treatment, if able
  - ☐ Isolate personnel presenting ILI
    - Provide routine monitoring, evaluate for further development of COVID symptoms.
    - Minimum 14 day isolation.
  - ☐ Quarantine close contacts who test negative for COVID-19 (separate from isolated personnel). Transfer ashore if able.
    - Retest close contacts who test negative after 4 days of quarantine, depending on availability of supplies
    - Minimum 14 day quarantine.
  - ☐ Isolate watch standers who have tested negative away from untested crew members. Berth in known clean spaces or consider Battle Berthing arrangements.

3. CONTAIN THE SPREAD THROUGH REDUCED CONTACT, CLEANING AND PROTECTION

Reduced Contact / Physical (Social) Distancing Measures

- ☐ Enforce personal hygiene practices.
  a. Wash hands frequently, for at least 20 seconds. If soap and water are not available, **use a hand sanitizer that contains a minimum of 60% alcohol**.
  b. Avoid touching the face.
  c. Sneeze or cough into a tissue, or into the inside of elbow.
- ☐ Enforce physical (social) distancing, no large gatherings, travel to/from residence and work, and stops for essential business only
- ☐ Because physical (social) distancing is challenging onboard ships, cloth face coverings should be worn by all crewmembers at all times to the maximum extent possible
- ☐ Enforce strict environmental cleaning/disinfection practices, practice meticulous infection control & disease prevention measures per CDC & NMCPHC guidelines, and enforce personal hygiene practices (e.g., hand washing & cough/sneeze etiquette).
- ☐ Restrict/prohibit visitors & screen essential visitors
- ☐ Secure or limit gyms
- ☐ Minimize Blue/Gold team (day/night section) interactions with 30 minute separation
- ☐ Divide crew into small cohorts or work groups (based on workspace, duties, & shifts) minimizing physical interaction as much as possible.
- ☐ Segregate squadrons

- ☐ Sequester personnel to certain areas of the ship such as quadrants, decks/levels to minimize physical contact
- ☐ Secure ladders and maximize fore/aft transit via hangar bays, flight decks, open spaces
- ☐ Institute "one person on a ladder at a time rules" to minimize physical contact
- ☐ Restrict cell phone stacks
- ☐ Sequester watch teams (Bridge (4), Reactor (4), CDC) in CVW berthing to minimize risk to multiple watch teams
- ☐ When embarked units are not embarked, increase use of their spaces (e.g., CVW work centers and Ready Rooms) to reduce ship's force work center personnel density.
- ☐ Open maximum allowable hatches / doors (during in-port sequester only) to reduce touching of knobs / dogging of handles
- ☐ Refine ship / squadron delivery procedures to minimize contact with driver/delivery crew
- ☐ Shipyard / contractor personnel proceed directly from brow to work site via most direct route
- ☐ Squadrons minimize tech rep visits. If squadron engineering support/repair required, tow aircraft to a separate hangar/location away from squadron personnel
- ☐ Daily triad updates, training, TTP reinforcement and Q&A on 1MC, Site TV, or other means as appropriate to meet physical distancing requirements

Cleaning Measures

- ☐ Hold 3x daily cleaning stations / sweepers (morning, afternoon, and evening) using "Spray-Wait-Wipe" with bleach disinfectant method
- ☐ Visibly dirty surfaces should be cleaned using a detergent or soap in water prior to disinfection procedures
- ☐ Prevent Port/Starboard cleaning station teams from contact with one another
- ☐ Form head cleaning teams without contact to the rest of crew
- ☐ Form door knob/handle cleaning teams
- ☐ Clean work space at the conclusion of each workday

Feeding Measures

- ☐ PPE measures in chow lines
- ☐ Designate meal times for departments / divisions on the mess decks / wardrooms to reduce traffic in the chow lines
- ☐ Restrict self-serve chow lines
- ☐ Reduce available condiments

4. MONITOR AND TREAT SICK PATIENTS

Shipboard protocol

- ☐ Medical providers will follow DoD COVID-19 Practice Management Guide for treatment of COVID-19 patients
- ☐ Ill individuals will don facemask while transiting the ship

- ☐ Ill individuals onboard a ship should be assessed by appropriate medical authority for treatment and monitoring as needed
- ☐ Individuals identified as having confirmed or probable COVID-19 will be placed under isolation and evacuated off the ship as soon as practical if developing more severe symptoms
    a. The majority of COVID-19 patients will have mild symptoms and can remain on ship and be monitored until meeting return to work criteria
    b. A minority of COVID-19 patients will have worsening illness and need evacuation
- ☐ While in isolation aboard a ship, COVID-19 patients will be monitored and assessed by medical at least daily or more frequently as deem appropriate by a medical provider
- ☐ The mainstay of treatment for COVID-19 patients is supportive care. Majority of patient will have mild symptoms and can be treated with self-care.
- ☐ Ensure Patients have:
    a. Appropriate counseling on appropriate self-care
    b. Ability to quickly access medical if symptoms worsen
    c. Access to resources such as food and other necessities of daily living
- ☐ Severe cases will be transferred to the nearest Emergency Room for evaluation and admission as appropriate
- ☐ Individuals diagnosed with COVID-19 who leave the ship will not be allowed back to the ship until meeting current CDC criteria for clearance

Communication, Care and Training Measures

- ☐ Food, medical, and mental health professional visits provided to all ROM personnel
- ☐ Maximize availability of onboard counseling resources, mental health specialists, resiliency support, chaplain support
- ☐ Triads update OMB and FRG Facebook pages regularly, following PAO guidance

WE HAVE NO NAVY WITHOUT OUR PEOPLE AND OUR SHIPS

TAKE CARE OF YOUR SELF, YOUR SHIPMATE AND YOUR SHIP

[1]**Close Contact**: Individuals identified by the Medical Department Representative (MDR) who spent at least 30 minutes (cumulative) within six feet of a COVID-19 positive individual during their potentially infectious period, defined as from 48 hours prior to symptom onset (or positive test if asymptomatic).

Examples:
-Individuals in the positive Sailor's berthing with a rack located above, below, and across the aisle or in the series of racks immediately forward and aft of the positive Sailor
-Other prolonged interactions identified by the MDR, e.g., galley, gym, smoking deck, chapel, etc.
-Present in the positive Sailor's immediate workspace during infectious interval (weather deck an exception)